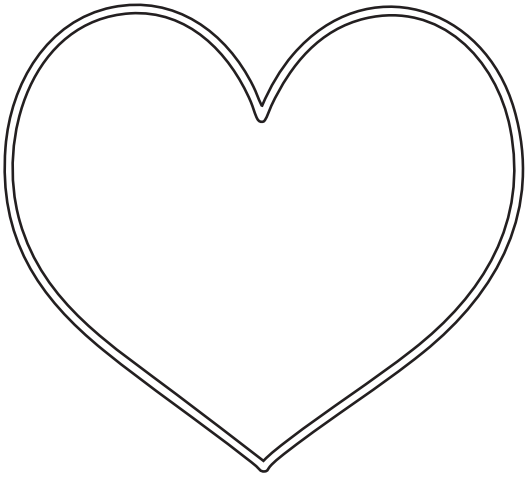
TIMELESS WISDOMS

Who Am I?

The Essential Teachings of MSIA – Book 1

TIMELESS WISDOMS



Who Am I?

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John-Roger has a unique ability to articulate truths about life here and in the Spirit. He puts into words for our time the timeless wisdoms of lovers and knowers of God through the ages.

The titles of the chapters on each page of this booklet are phrases that John-Roger repeated over and over again in the thousands of talks, seminars, and Question and Answer sessions he gave throughout the world for over forty years. They are a wonderful and clear distillation of the teachings of the Movement of Spiritual Inner Awareness (MSIA).

This booklet is one of a series of four excerpted from the book, Timeless Wisdoms by John-Roger, DSS. To read the book in its original form, please visit:
https://www.msia.org/shop/product/timeless-wisdoms/

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The One we are waiting for and the One
we have been looking for is already here,
and has been here for a long time.
You are the spiritual being you've been
searching to find.

– John-Roger

All you want to be, you already are.
All you have to do is move your awareness there
and recognize the reality of your own Soul.

– John-Roger

Find Out Who You Really Are

First you learn who you are. And when you learn who the real self is, the false images fall away. The person you thought you were, the religion you thought you were, the philosophy you thought you were—these may fall away. You may find out that all of these philosophies that you've been adhering to just don't work, but you may be afraid to throw them away because you don't know what will take their place. When you get rid of the things that don't work, you will find the true self.

If you could just once see within the true self, if you could get that image just once in your consciousness for a fraction of a second, you could go on for the rest of your life using that as an inner guiding light. And to live from the level of your true self, you give yourself over to the truth of your own beingness completely. Then you find yourself moving into an awareness of your Soul consciousness, and in that you find your freedom.

What it comes down to, always and forever, is the commitment to yourself, and that starts when, ten billion times a day, ten billion percent, you commit to the upliftment and the unfoldment that is your spiritual nature. You commit yourself to yourself—not to the personality or the emotions or the body or the wallet, but to that very essence of God that we identify as the Soul.

So enter into the warmth and graciousness of God within you. Go inside to Spirit, to God, to your own loving nature. Don't go inside and look at your emotions, or all you'll see is upset. Don't go inside and look at your mind; it will keep pushing you back out here, and you'll never see anything else. Go past those levels and you'll start moving into some of the most glorious territories that have yet to be investigated.

That very one you're looking for is in your heart, and the very one you've been after has always been here. If you really get that, it stirs deep inside you, beyond any place of comprehension, and goes to the place of understanding. That is the place where you say, "Yes, yes, yes, yes."

This divinity is yours for the taking. You weren't placed on the planet to be a beggar. These things are yours already, and all you need do is accept them. Your true self is perfect. You are divine. All things are given to you when you recognize who you are.

You Are a Soul

The Soul is love, joy, happiness, peace, thanksgiving, charity, benevolence. The Soul is all the positive qualities. The Soul is your connection to God's loving heart. It is living water to quench your thirst, living food to nourish you, the living breath that gives you life.

The Soul's first name is Love, its middle name is Truth, and its last name is Everlasting. Love and Truth Everlasting. The Soul (which is who you are) is a sacred, integral unit of energy, so beautiful that the whole cosmos and all the universes are contained within it. It is a prototype of all existence, complete in one energy unit.

There is nothing that exists anywhere in the universes of which you are not a part, through the energy of the Soul. Thoughts cannot conceive the greatness of the Soul. You can't find the majesty of the Soul in science books or math books. You may not even be able to consciously look and find a key that awakens

something inside of you a little more than before. So all you can do is let go and say, "It's beyond my mental ability."

Still, when you are traveling through this life and attending to your daily routine, there are times when you feel the Light radiate to you, and you say, "Oh, my God, thank you for Your blessings." You feel momentarily blissed out. That's just an inkling of the Soul you are. And the Soul is everywhere. It's in the laughter. It's in the twinkle in the eyes. It's in the touch. It's in the empathy you experience when someone else is hurting. It's in the joy you experience when someone you love is happy. It's in all of that and more.

You do experience the Soul directly, not by reflection or interpretation, but directly. You get glimpses of what is. You get glimpses of knowing. Loving encompasses and fills everything. Joy shines inwardly. The trials of the world fade in power. All becomes one. You know your source and your comings and your goings from that source. All needs are already fulfilled, and there is nothing except loving communion with God. These are small signposts of Soul's experience.

Above all, the Soul is hopelessly and incorrigibly living love. It is the lover. It goes on in blissful ignorance of the pain and suffering experienced by the personality, emotions, mind, and imagination. The more loving you are, the more you free yourself to experience the Soul, and when you reach the Soul level, there is only

a knowingness of God that does not rely on the body, mind, emotions, or imagination. It just is. In Soul awareness, there are no thoughts about God or feelings about God, and you are not imagining how God will be or should be. You are not involved in your image of God. You are simply aware of God.

You Are Divine

A lot of people say, "There has to be something better than this. There has to be a lot more than this." There is a lot more than this, but not necessarily on the physical level. Wherever you are, no matter what you are doing or what you have with you, you can have the greatest experience possible: the awareness that you are a child of God and are divine. The one you have been waiting for is already here—and has been here for a long time. You are the spiritual being you've been searching to find. At some time, within your inner consciousness, you vowed to become aware of your divinity. Eternally, that awareness is yours. You are the one you seek. You are the divine one, the promised one, the Beloved, and indeed you are the Light, you are divine, and you are in a state of becoming aware of what you already are.You may shut down your awareness of God by putting your faith in the world, professing God's greatness out there. But God's greatness isn't out there. It's inside you. If you cannot find God within yourself, I will guarantee you,

you cannot find God anywhere else. And when you start to find God in yourself, then you can find God anywhere. When you totally find God in yourself, then you will find that God is everywhere.

You are God's child, no matter what you are doing. You are never separated from God, no matter what you do. There is no expression that is not God's expression. Some expressions do not reflect the glory of God as completely as others. Which expressions you demonstrate is always up to you. If you think you are too unworthy for the Lord to visit you, you are experiencing the negative power. You are worthy of God because you are one with God. You have never been separate; it is only the illusion of this physical level that causes you to think so.

So don't be ashamed of what or who you are. You are divine. You are perfect. If the human condition doesn't always reflect the perfection, that's because there is no way to manifest the perfection here. You can't do it. The Mystical Traveler Consciousness (an energy within each person from the highest source of Light and Sound) can't do it. Nobody can do it. So don't worry about it.

To participate in Spirit, you don't have to flex your muscles or pull in your stomach, lose weight or gain weight, have hair or be bald, or anything else because those things have nothing to do with the divine energy of Spirit.

Any negativity is just pointing out the next thing for you to work on and to bring across into the Divinity, until one day, and truthfully so, it will all be divine and you will know it as that. There will still be negativity, and there will still be positivity, and you will see it all equally as the Divine. That is your heritage.

All you have to do is awaken to that and then know it. And when in doubt, be loving. Let love be your guiding star. Let it be your guide, your breath, your life. Then you live in the heart of God and are renewed every moment through Its love.

You Are a Creator

If I could really get you to understand that you are the source individually of all things around you, you would have the knowledge necessary for your life to come abundantly to you. For you are a creator, a divine creator, if you will. You are placed on the planet with everything you need already inside you. You can't be upset unless you allow it. You can't be controlled unless you allow it. This puts you in a unique position. And since you are a creator, you can create discord or harmony, despair or happiness, depression or joy, productiveness or apathy.

Spirit is the unseen, the invisible. Spirit is neutral and allows us to shape It within ourselves. If you shape Spirit negatively, then that is what you get. If you shape It positively, that is what you get, and if you're wise, you'll also shape It lovingly. So use your wisdom to make the choices that support you, and live a life of preferences, denying nothing, making choices in a positive direction.

God's power is inherent in your being through the Soul. It is the pearl of such great price that to reach it, you must undergo a transformation of consciousness and learn to take full responsibility for what you put in motion. You learn to complete what you begin. If your creation is of the physical world, complete it here. If it is of the imagination, finish it there. If it's emotional, resolve it in the emotions. If it is of the mind, finish your thoughts. Don't start things you don't intend to finish. Watch carefully your commitments in the world. Keep them realistic, and only make commitments you can keep. When you do, you can experience greater freedom.

When negativity is present, you do not have to participate in it. You have a choice. You are in control. You are the one deciding what to do in your life. And you have to be very careful of the thoughts you allow to dwell in your mind. Keep them positive and uplifting so that you send a positive form out into the formlessness of Spirit. If you're going to think, think wonderful, beautiful, uplifting things. Let the mind be a tool for your upliftment.

And the spiritual heart always knows the truth. Whenever you wonder how the spiritual heart can lead you, start by asking yourself, "Is this the right action for me?" If the heart sings a song of love, go. If there is no response or there is doubt, steer clear. This is your guide. This is love leading you.

Moving your inner awareness into your Soul is easy, but it's just as easy to lose that awareness. You can fall out of awareness because the world doesn't seem to sup-port spiritual awakening. Spirit lets you in easily, but It has to give way to the materiality of the world. The material world has a billion distractions, so it's necessary to watch where you place your focus and your motivation for creating what you want. If you want to know God, keep your eyes on God.

So get your priorities straight, and place only God in front of you. Everything else is going to corrupt, decay, and fall apart. Know where your real value is, and choose where you place your energies and what is important to you. Sacrifice everything in this world for your knowledge of God. Each day, you need to choose the experience of your Soul. It is always your decision.

You Are a Multidimensional Being

You are on all levels of Light. Right now, in this moment, you are already in Soul consciousness, and you don't need to do anything except recognize it. Your opportunity is to become totally aware and completely capable of maintaining multidimensional awareness.

The reason you can have spiritual awareness on many levels is because the Soul manifests itself on many levels. On the physical plane, you have the realization of your Soul through the physical body; on the astral realm, through the imagination; on the causal realm, through the emotions; on the mental realm, through the mind; on the etheric realm, through a state of preparation; on the Soul realm, in a state of being; on the realm just above that, in a state of total awareness; and on the realm above that, in a state of pure Spirit or God consciousness. These, then, are

eight possible states of Soul awareness. A wondrous God set up all this.

The multilevels of consciousness present inside you are linked together in such a way that you can experience an awareness of them. To be consciously aware of any or all of these levels, you need only expand the consciousness to encompass them. The way to expand the consciousness instantly is to move directly into the Soul, which has all vision, all knowledge. It takes great discernment to do this, and when you do, you will experience the Soul consciously.

Prior to that, you are "dead" to this level when you are most alive to the Soul level. This is because in the spiritual realms of Soul, there is no time and no memory. It is spontaneous awareness. You do not bring back memory of that level to the physical level. What you can do is move back and forth between the levels quickly; you bridge the levels more and more swiftly, so that you develop multidimensional awareness by having it, not by remembering it. It is not a process of memory. It is actually a process of spontaneously moving between one level and the other, until you can do it so quickly that it appears you are aware of both levels simultaneously.

As you develop your ability to do this, you may find yourself moving in and out of Soul consciousness many times. The trick is to recognize when that shift happens and still maintain Soul consciousness. Until

you can do that, it is okay to keep moving in and out of Soul consciousness. That will give you practice, and practicing joy and loving is more fun than practicing depression, anxiety, and fear. Put yourself in training for Soul consciousness by practicing the positive aspects of living and loving.

Also, give yourself permission to move through a range of expressions and experiences in this life, knowing they are all part of the human condition and part of your multidimensional beingness. You must be grounded here on the earth, as well as have awareness of Soul and Spirit. All must be balanced, and then you can move forward. When all is in balance, God's will and yours become one so that there is no struggle between "Thy will be done" and "my will be done." You ask that God's will be done, through you, by you, as you.

So be smart. Get into the Spirit and use that to flood through all the other levels. Be 100 percent everywhere in Spirit. It's the only way to experience multidimensional consciousness. Any other way is failure and illusion.

You Are Love

Loving is the most important quality you can nurture in yourself. Your love needs to extend unconditionally to all things. You love everything present, no exceptions. Love it all, own it all, and then you will be free.

Even when you don't feel like loving, you love the feeling of not feeling like loving. And you treat your loving and your depression as equal. Anxiety, love, depression, happiness—they must all be treated equally. When you do, there can be no place for anything "better" or "worse" inside of you, so judgment ceases to have power in your consciousness. When you treat your depression the same as your loving, then neither has more power than the other, and you are free to choose the expression you want.

And love your karma. It is your opportunity to learn. It is your opportunity to gain wisdom, and by loving even your negative creations, you can shift their energy and release karma. In fact, you have the opportunity to change the karmic flow of your life through your ability

to be loving. By loving the God in yourself and others, you can move into a path of greater unfoldment. So instead of looking at the factors of your life and saying, "That's my karma, so I can't help it," you might say, "That's my karma, and I will fulfill it so I am free." You don't have to blame your life's difficulties on karma. Through loving, you can complete your karma.

As you learn to recognize the Soul, the divinity in each person, you will be able to love all you meet. And if you feel that someone messed up your life, you must love that one, also. That person is Spirit, too. That person is also a part of God, equal to yourself. You don't have to go sit at the person's feet; you can leave the person alone. But you must do it in neutral consciousness—neither positive nor negative.

And in the midst of all the apparent conflict and stupidity in this world, you can still love. You can still have compassion. You can still reach in and say, "I'll help anyway." That's Spirit and God manifesting through you to the God in all people. It is a gift for both you and them. It's what this world is all about.

Since the key is to be loving, you'll give up every consideration, every hesitation, and every reason not to be loving, and you'll be loving in every situation in your life. For enough love will handle all things. If you are having difficulty handling something, you don't have enough love for that thing. So your next step is laid out right in front of you: get some more love. Your

job here is to experience. That's all you have to do. It is in the *loving* of your experience, the *loving* of your expression, that you discover the inner joy, the bliss that is your indication of the presence of the Beloved (the divine presence within you).

You Are Peace

Peace, according to my concept, is the natural state of humankind. We are the children of a benevolent Creator, and peace is our eternal home. Peace is God, Spirit, the One—whatever word you want to call it—and peace is always available.

When you're not against anything or anyone, you start to feel the presence of peace. And being for yourself does not mean being against anyone else. Since we are all one, being for yourself is ultimately only being for everyone else in your life. When you awaken to that truth and begin to live it, life will start opening for you, and joy will flood into you.

Although peace is the absence of againstness, internally and externally, it's not the absence of sandpapering, refining, and moving towards excellence. There can be divergent points of view without having "war." I call it conversation, communication, dialogue, and sharing ideas. It's integrity, which allows all people their moment to speak their truth.

Don't plan on there being no conflict in your life. Conflict can exist within peace, but you don't have to have againstness about it. You can say, "I disagree with that and that whole approach. I was there, and I didn't see that." That's a form of conflict, but it's not againstness. Againstness is more like, "You stupid idiot, I was there. I know what was going on. Wake up!" That's againstness, and you don't get to the road of peace and love and joy by traveling the path of lust and anger and revenge.

So whenever you hear of any negativity, instead of adding to it by condemning the people involved, send Light and love to everyone, even to those who have "messed up." Start adding peace to the situation through your compassion, acceptance, and understanding. And as you bring yourself into a loving consciousness with all things and with the One consciousness that is everywhere, peace and harmony will enfold your heart and you will recognize within every level of your beingness that there is only love.

The Christ Resides in You

The Bible speaks of God's "only begotten Son" (John 3:16). That Son, that Christ Consciousness, is in each one of us, and it is the invisible part of us, the God part of us. When Jesus manifested that Christ Spirit in the world, it became easier for us to recognize it and realize that each of us possesses a part of that within ourselves.

St. Paul wrote, "Let this mind be in you, which was also in Christ Jesus" (Philippians 2:5). This means that you are one with the Christ within and that God is totally present with you. Your challenge is to reach inside yourself and discover the God part and to work with it all the time. It is a never-ending process.

When you turn inside of yourself and consciously, purposefully, and directly reach for those things that enhance the Spirit within, you experience the strength of the Soul coming up inside of you. You experience a joy that has nothing to do with this level. You know an integrity within you that lifts you up and steady strength that sustains you through all things.

That prepares a place for the Christ Consciousness to enter. You create a form into which the Beloved may come. People have waited for two thousand years for the King of Kings to appear in the sky and light up the world, but the King of Kings must first appear in *your* heart and light up *your* world. And that only happens when you have prepared that place inside of you where it can appear and live as your guiding Light.

So if you would live in the Soul and Spirit, you must be loyal to the Soul and the nature of the Soul, which is truthful, honest, and unconditionally loving. How do you do that? By dedicating yourself to the spiritual force within you, which is called the Christ, and making it the number one priority in your life.

The Mystical Traveler Consciousness (an energy within each person from the highest source of Light and Sound) teaches about the sacrifice of what is negative and limited in your consciousness—but sacrifice so that you may expand into what is positive and uplifting, so that you may discover your own Christ Consciousness. When you won't sacrifice your anger for your loving expression, when you won't sacrifice your self-righteousness (which is "wrongeousness") for kindness and loving words, when you won't sacrifice your point of view for the highest good, then you are not living the Christ Consciousness. You are not living in grace.

But when you direct yourself towards the expression of the Christ, you have the Christ Consciousness on your side. If you go against it, you have a lot of nothing on your side. So know that you are the only one who can delay or block your progress. You are the only one who can cloud your awareness. By the same token, you are the only one who can recognize the Christ within. You are the one who can make the Christ a living reality in your life and who can demonstrate the unconditional loving and forgiveness that indicate the presence of the Christ.

The awakening into the Christ may not be entirely pleasant. You have to let go of all the things you thought were necessary; otherwise, you do not inherit that which is the Christ. So when you pray, pray for the strength to overcome all negative aspects, the wisdom to guide you into all positive aspects, and the ability to stay focused on the Mystical Traveler as you are lifted into Soul consciousness, into the realization of your true self, into the recognition of the Christ.

You awaken to the Light and to the inner Christ through loving, laughter, empathy, and involvement with all life as it presents itself to you. As you move through all the experiences that come to you, both in the outer world and in the inner levels of your consciousness, and as you use empathy, loving, and forgiveness as the criteria for your behavior, you awaken to the inner wisdom of the Christ.

It is a JOYFUL day when you can know the Christ within. When you can live and demonstrate that beingness, it is an even greater day. And when you can look out and see the Christ in others, you are indeed blessed and beloved of God.

The Soul Is Neutral

Neutrality is a progressive, assertive statement of your being, without attachment to results or to the processes of getting someplace. It's enough that you're there enjoying things. No matter what someone else does, you continue to express from your heart. And the more neutrality you can bring to what you observe, the more able you are to work in alignment with God's will here on the physical level.

Being neutral doesn't mean that you don't care for yourself and others. You can be loving and caring and still be neutral. Neutrality comes from a higher perspective that sees more of the total picture and realizes that the highest good may be served through ways that, at first glance, may not appear to be positive and uplifting.

Looking at things this way can help you let go more, and the idea of letting go can be fearful to a lot of people because there are things they like and enjoy in the world and in their expression. But you can let

go of the attachment and continue the expression; that is neutral.

"Neutral" is the loving heart, which is the Soul. When the loving heart is flowing and functioning, it has no wants and desires—none. It is the emotions that want this and that. When you're neutral and unattached, you don't care what anyone else does. You do care that you're loving and open and that you're expanding your consciousness.

What if it doesn't expand at the rate you want? You're not neutral as soon as you entertain that thought. You're intellectualizing and may be setting a trap for yourself. Instead of listening to the intellect, listen to your spiritual heart.

The Soul does not see things as good or bad, and it places no judgments; it is neutral. When you can more fully express that consciousness of neutrality, you will be moving towards the consciousness of the Soul. And one of the Mystical Traveler's jobs with you in this three-dimensional world is to awaken the multidimensional levels within you and to let you know that negativity is just an attitude.

You become neutral when you recognize that your love is God's love and your joy is God's joy, and all you do is share—from one God to another.

Don't Hurt Yourself and Don't Hurt Others

The pure and good selfish life is wanting to live life for yourself the way you see it and allowing everyone else the freedom to do that same thing. Part of your happiness is being able to stand up in your own dignity and remove yourself from a situation of which you're not a part. You don't have to apologize to anybody or do any great explanations. You can just say, "Excuse me," in politeness to the other person's consciousness, and remove yourself. If it's done in love, it will work, and when you are truly loving, you cannot hurt yourself or another.

It is your responsibility to be loving in all your relationships while not letting yourself be taken advantage of. And often the most valid reason for an action you take will be because you want to do it. It's important for everyone to have respect for this reason. It's a good one. You have the right to do something just because

you want to—as long as you are not inflicting yourself on another consciousness.

In all this, always remember that the Light will not violate anyone's consciousness. If your action violates someone else's consciousness, it is not a Light action. So evaluate your actions. Do they hurt you? If they do, that's not a Light action. Do your actions hurt others? If they do, that's not a Light action.

If you are not found out right away or appear to get away with it, this does not change that reality at all. On this level, you can best serve your spiritual progression by expressing lovingly towards everyone you encounter. Treat people as they deserve to be treated, as the extension of God that they are.

We are all our brothers' keepers, but not as prison keepers. We keep our brothers free by allowing them the individual experience of their own lives, the way they see it. When you can allow people to express their Light their own way, to fulfill their destiny and walk the path to the drummer they hear, then you are, in essence, doing the same thing God does—allowing them the freedom of their expression.

Take Care of Yourself So You Can Help Take Care of Others

Your primary responsibility on this planet is to take care of yourself and to rise to your highest potential. As you become more aware spiritually, it's also important to maintain the integrity of this physical level, which means not only taking care of the physical body but also maintaining yourself financially, emotionally, and mentally. You cannot give up your responsibility to any level.

Specifically, taking care of yourself first might mean to get a job, pay your bills, take the dog for a walk, keep your house clean, or get enough sleep at night. When these basic levels are taken care of, you can then look around you to see if there are others who need help. If you are volunteering your time for this, that, and the other thing but you don't have your rent paid for this month, you really haven't been taking care of yourself first, and it may cause tension or conflict inside you.

Many times, the pressures of the world are just pressures that you've put upon yourself, and they can be relieved by taking a more realistic look at your life and how you are using your time and energies.

Know, too, that there is nothing wrong with being selfish. Eating and getting proper rest are selfish for the body, thinking nice thoughts is selfish for the mind, feeling good is selfish for the emotions, and doing spiritual exercises to rouse the Soul that may be sleeping is selfish for the Spirit. Those are all healthy activities.

If other people fit in with your plan for taking care of yourself, that can be fantastic. If they undermine the plan, let them go their own way. Let them go in love, with good thoughts and good feelings towards them, but let them go if they do not support you in those things that are good for you.

You can start finding your own divine love when you start loving others, but that doesn't count until you can love yourself. Should you love others more than you love yourself? No, because it is through loving yourself unconditionally that you enter into the Spirit that resides within you.

That's when you become a real joy to be around. That's when you discover the Soul. When you are taking care of yourself on all levels, it becomes very easy to move into the Soul level as that opportunity presents itself. And if you want to release yourself from incarnation

patterns, start assuming responsibility immediately, in this moment.

So love the physical level, maintain it, and enhance it in every way you can. Bring joy and happiness into the emotions. Keep yourself balanced and your expression loving. Think uplifting thoughts; speak kindly of others.

Keep yourself clear; don't criticize or even discuss others. Hold good feelings and thoughts in your mind so you can share that goodness with other people. When they are down, help lift them by just being you.

When you use this approach as a method, it becomes a way of life. If you did that from now on, you could help to create a wind that would clean the planet.

Use Everything for Your Upliftment, Learning, and Growth

The Mystical Traveler Consciousness shows you the direction and walks with you into your awakening. Everything supports your doing this—every experience, every person you meet, every place you go. There is no situation that cannot lift you and point the way into your experience of the presence of God.

If you could perceive the Mystical Traveler's presence in your depression, doubt, and fear, why would you ever want to move from those? The feelings of separation and loneliness can be *tools* that move you out of your negativity and motivate you to find a more positive expression. As you lift yourself into a place of greater love and understanding, you'll feel the presence of Spirit move back into your life, and that can

give you the motivation to maintain the loving quality in your life.

You come to the physical world to gain the experience that the high self is bringing forward for the Soul's evolvement. Each experience becomes your state of knowledge and beingness. And when you are secure in your knowledge of God's love for you, you know that *everything* that happens is to lift you and move you closer to your own divinity.

One day, you will wake up and find yourself living in the heart of God, and you will know that all your experiences were but rungs on the ladder that led to God. So use everything in the world—all the prayers, all the books, all the Discourses, all the seminars, everything—to reflect the Spirit inside of you. Use everything as a reflection to show you the glory of your Spirit and God's glory.

There truly are no mistakes, only experiences, and you can garner a lesson from everything that happens. So don't ever berate yourself for what you see as your failures. Recognize them as areas in which you can gain more experience.

Focus on your successes, however small or large they may be; they are your steps forward and upward on your spiritual path. And you can take an inward stance of, "I make mistakes, I allow myself to make mistakes, and, furthermore, I give myself permission to learn

from my mistakes. Therefore, I am in a constant state of growth and evolution."

Spirit brings all experiences to you for your greater and greater awakening. Your marital problem is your gift from Spirit to bring you into Spirit. Even your broken back, your bad legs, your deformity, or the corruption of your emotions is only Spirit placing the awareness with you that will turn you back towards Spirit. And everything that happens to you is designed to strengthen and lift you—*everything!* Nothing is meant to rip you apart or hurt you in any way.

When you catch that vision and know the reality of it, you won't allow anything to hurt you because how you experience it is all under your control. When something happens that you think could hurt you, just look for the blessings and discover how you can lift from the experience and use it to your advantage, because even the "negative" experiences are gifts from Spirit to build your strength, your awareness, your empathy, and your loving. Do not curse what appears to be your trouble or suffering. Thank God for it.

You can use suffering much like the gas gauge in your car. The closer your gas gauge moves towards empty, the more negative feedback you have about the fact that your car is running out of gas. You can use suffering as a "gas gauge" to show how far you are from being fully in your spiritual center. So when something happens that appears to hurt you, rather than resisting

it and pushing it away, you will embrace it. You will expand your consciousness to encompass the changes and the new situation and to find what new freedoms are available to you.

When you experience negative feedback, you can just say, "Oh, yes, that taught me this," and let it go. It's like yesterday's four thousandth breath. Do you know which breath that was? Heavens, no. You've let it go. It was inconsequential to you, and that's the way all things become.

You keep coming to right now. Here. Watching. When you get out of the past, you can use all the errors, all the mistakes, all the learning, all the everything as your "fertilizer" for greater growth; you can use it all to lift you.

It's also important to understand that growing is not necessarily equated with having a smooth week. You can be making forward, positive progress while you are feeling bad or experiencing confusion.

Your accurate perception of what is really going on may be overshadowed at any moment by the negative aspects of your mind and emotions. But we all get things the way that we get them, and if it's through some pain and confusion and turmoil, then it's that way. It is the value received that is the important thing.

But when you curse and complain, you place negatively conditioned energy around you, and you get negativity. When you bless, love, and use everything

that comes your way for your upliftment, learning, and growth, you bring positive, loving, supportive experiences into your field of energy. You can't miss. It's a natural result.

There is a Spirit inside of you watching out for you and taking care of you, no matter what. Something that looks like your greatest catastrophe is really your greatest blessing, because it will lift you into the next level of awareness.

So when things happen that may seem unfair at first glance, look for the loving lesson underneath. If you can't see it there, put it there yourself so that you see everything that happens to you through the eyes of loving.

Judgment Tries to Evict the Christ

There is no way under the sun that you can rise to God consciousness and maintain any form of contempt. It will block you. Having contempt for God is having contempt for all things, and if you have contempt for your father or your daughter or a boss or a table or a race of people or a hair style or yourself, then you have contempt for the great God that is in all things.

As soon as you judge, you strike against divine love. And when you judge yourself, feel bad about yourself, and think that you are not worthy or worth-while, you are choosing the negative. You deny the grace of the Christ, which is available to you at all times.

You do not have to judge your experiences; all you have to do is complete them. You're not expected to know what is happening all the time or to make sense out of what is happening around you. And as soon as you measure your present experience with a past

experience, you have judged it, and your judgments will be upon you. You have then propelled yourself out of Spirit.

To get yourself back into the Spirit, you move into the present moment and love whatever is happening, because when you are not living in expectation, you can't be caught in negativity.

The spiritual energy will flow naturally to the areas within you that are most "asleep." It will move to the next layer or level that needs to be awakened and brought into a greater level of awareness. Be patient with yourself in that process.

Allow Spirit to do Its work without hampering It by making judgments and beating yourself up.

And if the Light illuminates your faults, let go of your feeling that you have to overcome them. You only have to get beyond them, to let them go, to repent, which means that you do not repeat your error.

We will all have a chance to look back at how we have lived. If you have lived your life and place no blame anywhere—for your "success" or for your "failure"—then when that time comes to look, you'll find that you will be very merciful to yourself.

You can also be merciful to others. Regardless of behavior, appearance, or presentation, every human being is involved in their own particular rate of spiritual progress. Their own rate is their divine right. It's

of much greater value to love them than to judge or criticize them.

Letting the love flow through can be very easy. All you do is move to a neutral position—not one of belief or disbelief, not one of judgment or prejudice, but one of receptiveness. As soon as you judge, you strike against love, so take the attitude that no matter where you look, no matter what you see, it is a manifestation of love. That which you see is love in front of you.

Love may be many different sizes, shapes, and forms, but it is all love. And how do you get out of the cycle of negative judgment? Consecrate your life to God, to Spirit, and do everything in God's name.

We Are All One

It can be a beautiful, beautiful world when you realize that the divine essence that is you is also within everyone else. When you cannot accept and love one person, you create separation towards everyone. You also create a separation between you and the God in you and between you and the God in everyone. But it's easy to see a portion of God rolling up in front of you in everything that you see. So you look for the divine in everything and everyone.

Love will set you free to discover the Father/Motherhood of God. So stand up in the beingness of your own love, and let that love be your connection to all things. In personal relationships, you give and take and share. You lift one another, knowing that the one consciousness is the consciousness that's flooding through all, in various levels of awareness. You must also be able to take the special love you have for a close friend or spouse and, in the spiritual quality of that love, give it to everyone who comes into your presence.

When you recognize that we are all one, you will also know that if you hurt another, you hurt yourself. So you will—automatically—love and bless each one you meet. You will—automatically—forgive any action and seek to relieve any process of guilt that might appear in yourself or anyone else, so that no one will be delayed on your account.

There is truly only one Beloved: the God-form. You are part of it. Everyone is. When you look to the Beloved, you separate and create two where there is only one, but we are one in God's loving heart, and there is only the Beloved.

So let yourself know the closeness and the fellowship of the Beloved within you, and know that the apparent differences you perceive on the outer are only different reflections of the same inner essence.

We walk through this life with God beside us as our guide. We are never alone, never separated, always loved and cared for. We are in God's heart. And the larger your spiritual heart becomes and the more you live in the center of your spiritual heart, the more you'll discover that you are awake in the heart of all the world.

Baruch Bashan

Baruch bashan means "the blessings already are," and the frequency of these Hebrew words inherently conveys the blessings to your consciousness. All the blessings that will ever be present exist here and now, and all you do is move into the realization of those blessings.

Glossary

Movement of Spiritual Inner Awareness (MSIA). A church whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness has always been anchored on the planet through at least one person.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Soul Transcendence. The process of moving the consciousness into the Soul realm and beyond.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

Appendix:
How to Do Spiritual Exercises

A common question that is asked by people new to MSIA is, "Where do I start, if I want to do spiritual exercises (s.e.'s)?"

John-Roger has often said that "the only wrong way to do s.e.'s is not to do them," so there are no rules, rituals, or postures that are necessary to begin your practice. Mostly, s.e.'s are an action of the heart, in which the approach is one of devotion and a clear intention to know Spirit or God in a greater way.

Having said that, for those people who would like to have some form of methodology so they can begin their s.e.'s, we are offering the following step-by-step procedure as a suggestion for doing fifteen minutes of s.e.'s.

1. Find a quiet place with low lighting and a comfortable chair to sit in. It's best not to listen to music while doing s.e.'s (although it's fine to listen to music while getting ready to start your s.e.'s).
2. Sit upright, if possible, and close your physical eyes.

3. Call yourself forward into the Light for the highest good, and ask the Mystical Traveler for protection and guidance during your s.e.'s.
4. Chant HU (pronounced like the name Hugh) or the Ani-Hu (pronounced anai-hugh), which are sacred names of God. It's preferable to do this inwardly (silently).
5. While chanting, focus your attention in the area near the center of the head directly back from your forehead. It is in this place that the Soul resides and the Soul energy gathers.
6. After you have chanted for about five minutes, stop and listen within. You are listening for the Sound Current, which is very subtle. You may hear it the first time you do this, or it may take years of practice. It is a very individual matter.
7. If you find your mind wandering and you lose the focus of listening, you can focus the mind by chanting again.
8. After about five minutes of listening, you can either continue to listen and look inside or return to chanting again. The times are approximate, of course. The idea is to spend time in s.e.'s doing both chanting and listening.
9. If you see the color purple coming from the right or center of your head, you can allow yourself to follow this inwardly, for this is a form the Mystical Traveler often takes. If the color (or any other

form) is coming from the left side, we advise not following it because this is often a negative influence. (All this applies to seeing inwardly.)

10. After about five minutes, you can open your eyes. You may want to wiggle your fingers and toes to bring the energy back into your physical body.

And so ends your fifteen minute session of s.e.'s.

Through daily practice, you can gradually build on this time period. For longer periods of s.e.'s, you can expand the time for chanting and listening to fifteen minutes each. For example, in an hour session of s.e.'s, you can chant for fifteen minutes, listen for fifteen minutes, and then repeat the chanting-and-listening cycle one more time.

All the above are guidelines, and it's important to remember that the only wrong way to do s.e.'s is not to do them. So you can experiment with how you do s.e.'s, using what works for you at a particular time and not getting attached to a certain form. And, again, the focus is on doing your spiritual exercises with as much loving and devotion to God as you can.

Let's end with a quote from John-Roger, who, to me, is always the ultimate pragmatist:

"Boy, how I wish you could do your spiritual exercises like you can get involved in your fantasies and thought forms! You'd be in the Soul realm immediately."

Enjoy your walks with the Lord.

Paul Kaye

About the Author

John-Roger (1934-2014)

For over forty years, Dr. John-Roger's life was devoted to the spiritual work of Soul Transcendence, the realization of oneself as a Soul and as one with the Divine. In the course of his work, he traveled and spoke extensively throughout the world and wrote over fifty books, two of which were on the New York Times Bestseller List.

John-Roger has given over six thousand talks, and many can now be found on MSIA's streaming service *That Which Is* (TWI) at: www.thatwhichis.org

That Which Is is also available through the MSIA App (for both iOS and Android devices).

John-Roger was the founder and spiritual advisor of the nondenominational Church of the Movement of Spiritual Inner Awareness (MSIA); founder, first president, and former chancellor of the University of Santa Monica; founder and former president of Peace Theological Seminary & College of Philosophy; founder and former chairman of the board of Insight Seminars; founder and first president of the Institute for Individual and World Peace; and founder of the Heartfelt Foundation.

John-Roger's wisdom, humor, common sense, and love have helped people discover the Spirit within themselves and to find greater health, prosperity, and peace. His legacy continues to transform lives by educating people in the wisdom of the spiritual heart.

For more information about John-Roger, you may also visit: www.john-roger.org

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